**Diet Chart for Underweight person**

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| **Sunday** | |
| Breakfast (8:00-8:30AM) | 2 egg brown bread sandwich + green chutney + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts |
| Mid-Meal (11:00-11:30AM) | 1 cup banana shake |
| Lunch (2:00-2:30PM) | 1 cup arhar dal + 1 cup potato curry + 3 chapatti + 1/2 cup rice + 1/2 cup low fat curd + salad |
| Evening (4:00-4:30PM) | 1 cup strawberry smoothie + 1 cup vegetable poha |
| Dinner (8:00-8:30PM) | 1.5 cup chicken curry + 3 chapatti + salad |
| **Monday** | |
| Breakfast (8:00-8:30AM) | 3 onion stuffed parantha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts |
| Mid-Meal (11:00-11:30AM) | 1 cup mango shake |
| Lunch (2:00-2:30PM) | 1 cup moong dal/ chicken curry + 1 cup potato and caulifllower vegetable + 3 chapatti + 1/2 cup rice + salad |
| Evening (4:00-4:30PM) | 1 cup pomegranate juice + 2 butter toasted bread |
| Dinner (8:00-8:30PM) | 1 cup beans potato vegetable + 3 chapatti + salad |
| **Tuesday** | |
| Breakfast (8:00-8:30AM) | 3 paneer stuffed besan cheela + green chutney + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts |
| Mid-Meal (11:00-11:30AM) | 1 apple smoothie with maple syrup |
| Lunch (2:00-2:30PM) | 1 cup masoor dal + 1 cup calocasia + 3 chapatti + 1/2 cup rice + 1 cup low curd + salad |
| Evening (4:00-4:30PM) | 1 cup tomato soup with bread crumbs + 1 cup aloo chaat |
| Dinner (8:00-8:30PM) | 1 cup carrot peas vegetable +3 chapatti + salad |
| **Wednesday** | |
| Breakfast (8:00-8:30AM) | 1.5 cup vegetable bread upma + 1 cup milk + 3 cashews + 4 almonds + 2 walnuts |
| Mid-Meal (11:00-11:30AM) | 1 cup ripe banana with 2 tsp ghee |
| Lunch (2:00-2:30PM) | 1 cup rajma curry + 1 cup spinach potato + 3 chapatti + 1/2 cup rice + salad |
| Evening (4:00-4:30PM) | 1 cup vegetable juice + 1 cup upma |
| Dinner (8:00-8:30PM) | 1.5 cup parwal vegetable + 3 chapatti + salad |
| **Thursday** | |
| Breakfast (8:00-8:30AM) | 2 cucmber potato sandwich + 1 tsp green chutney + 1 orange juice + 3 cshews + 2 walnuts + 4 almonds |
| Mid-Meal (11:00-11:30AM) | 1 cup buttermilk + 1 cup sweet potato chaat |
| Lunch (2:00-2:30PM) | 1 cup white chana/ fish curry + 3 chapatti + 1/2 cup rice + salad |
| Evening (4:00-4:30PM) | 1 cup almond milk + banana |
| Dinner (8:00-8:30PM) | 1 cup cauliflower potato vegetable + 3 chapatti + salad |
| **Friday** | |
| Breakfast (8:00-8:30AM) | 2 cup vegetable poha + 1 cup curd + 3 cashews + 4 almonds + 2 walnuts |
| Mid-Meal (11:00-11:30AM) | 2 cups watermelon juice |
| Lunch (2:00-2:30PM) | 1 cup chana dal + 1 cup bhindi vegetable + 3 chapatti + 1/2 cup rice + salad |
| Evening (4:00-4:30PM) | 1 cup sprouts salad + 2 potato cheela + green chutney |
| Dinner (8:00-8:30PM) | 1 cup peas mushroom vegetable + 3 chapatti + salad |
| **Saturday** | |
| Breakfast (8:00-8:30AM) | 3 vegetable suji cheela + 1 cup strawberry shake + 4 cashews + 4 almonds + 3 walnuts |
| Mid-Meal (11:00-11:30AM) | 1 cup coconut water + 1 cup pomegrate |
| Lunch (2:00-2:30PM) | 1 cup mix dal + 1 cup soybean curry + 3 chapatti + 1/2 cup curd + salad |
| Evening (4:00-4:30PM) | 1 cup fruit salad + 4 pc vegetable cutlets + green chutney |
| Dinner (8:00-8:30PM) | 1 cup karela vegetable + 3 chaptti + salad |

**Underweight Diet Restrictions: Food Items To Limit**

1. Whole Eggs. Once feared for being high in cholesterol, whole eggs have been making a comeback. ...
2. Leafy Greens.
3. Salmon.
4. Cruciferous Vegetables.
5. Lean Beef and Chicken Breast
6. Boiled Potatoes.
7. Tuna.
8. Beans and Legumes.

**Do's And Dont's While Following Diet Plan for Underweight**

In Underweight condition, you can start making some simple changes in your lifestyles and food habits which are mentioned below, along with the diet plan mentioned above:

Do's:

1. Eat more often
2. Drink Milk
3. Try Weight gainer shakes
4. Use Bigger Plates
5. Add cream to your coffee
6. Take Creatine
7. Get Quality Sleep
8. Eat your protein first and vegetables last

Don'ts:

1. Drink water before meals
2. Smoke

**Food Items You Can Easily Consume in Underweight Diet Plan**

1. Lean Red Meat: Steak contains a ton of protein and iron. Red meat is high in cholesterol, so most food professionals don’t recommend it as part of a healthy diet more than a few times per week.
2. Real Nut Butters: Natural peanut butter is packed with protein and fats, making it a great choice for people trying to gain weight the healthy way. One tablespoon contains around 100 calories and has 4 grams of protein.
3. Whole Fat Milk: Dietitians say that one simple substitution you can make when trying to gain weight is swapping your skim milk for whole milk. It’s only 60 calories more a glass as the fat is left in.
4. Tropical Fruit: Fruits like mango, papaya, bananas, and pineapple are amazing choices according to food experts. They are full of natural sugars and can give you great energy.
5. Avocado: These delicious green vegetables are an excellent way to add heart-healthy fats to your diet. One half of an avocado contains 140 calories, but also contain high levels of potassium, folic acid, and vitamin E.
6. Natural Granola: Natural granola with no added refined sugar is a great cereal to enjoy if you are trying to gain weight. This tasty snack is made from rolled oats, sugar, and healthy fats (like nuts and coconut oil). More dried fruit and nuts can also be added.
7. Whole Wheat Bread: Nutritionists say that eating healthy bread products is a great way to start gaining weight. If you’re adding bread to your diet, look for whole grains. Nuts: Nuts are a great snack for gaining weight. They are full of fat and nutrients, but also contain a great deal of fiber. Eating only a handful of nuts can keep you full for hours. Not all nuts are equal for fiber though.
8. Cheese: Try goat cheese with eggs, Swiss with roasted chicken, and Parmesan on top of asparagus. On its own, cheese also makes a great snack because it’s high in protein.